FACE YOUR INSANITY

GUIDE

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Who I am isn't important. You can call me Jason. I was, until recently, just an ordinary guy. I enjoyed my life but, well, it wasn't really my life. I pretty much let other people do the thinking for me. I relied on them 'cos all I wanted to do was party and have fun.

Then it all changed. Shit got serious. People died. Good people and bad people.
I grew up. Fast. I had to do a lot of soul searching, that much is true.

Eventually, I took charge of my own destiny. Or maybe destiny took charge of me. It's hard to tell anymore. I became someone else. Someone who'd seen the insanity all around us... and survived.

Have you heard of the Rook Islands? Doesn't matter where they are. They're probably too small to even appear on a map. Imagine a paradise, maybe a couple of hundred years ago, where everyone lives in peace. Then outsiders turn up and realise that the land is full of materials they need at home, they bleed it, and the people, dry. Later, more outsiders turn up because they've decided this place will help them win a war that the locals have never even heard of. They don't care what happens to the people either.

Eventually the islanders get their home back but they've lost so much they don't even know who they are anymore. Finally, more bad guys come and exploit the only thing worth exploiting... the people.

That's where I ended up.

I've tried to put together some of the things I've learned. Practical things. Things that might help you get out of whatever mess you're in. As long as that mess is about surviving on a hostile island full of maniacs.

WILL TO LIVE

It's the most important thing you can have. Without it you'll die. So never give in, no matter what happens. Even when parts of you are hanging off that shouldn't be or you're missing a piece that should be attached or you've lost friends.

KNOWLEDGE

Know your limits, know the terrain, know the vegetation and animals, know which of them you can eat and which will try to eat you. Learn from the locals – how do they thrive where they live? Make allies where you can. Often helping people with something that seems really simple to you can reap big rewards. And keep your promises; the more reliable you are the more allies you'll make and the better your chances of getting through this alive.

EQUIPMENT

Make sure you have at least the minimum you'll need to survive. Learn to improvise with local materials. Experiment with materials. You never know, you might create something really useful.

PRIORITIES!!

Water, food, fire, shelter and rescue.
In that order. And if you're somewhere
really hostile, weapons. Lots of them. Big ones.

Preparation & trip planning

Don't leave this to someone else and hope they get it right. I did. And they didn't. It's your life on the line, so it's your responsibility to plan properly.

Before you leave, check the weather. A storm front or hurricane will make for a pretty crappy vacation. Even if the weather forecast says it'll be sunny, take some bad weather gear just in case.

You did pack a good sleeping bag, tent, fire-making equipment right? No, well enjoy being cold, wet and miserable. And having bugs crawl over you when you're sleeping. There's a list of basic gear in a couple of pages. Ignore it at your own risk.

Know where you're going. I mean you wouldn't want to land on an island full of crazy pirates right? That'd be just dumb wouldn't it? Make sure you know how to get there and how to get out off there when you need to.

Take something to keep you entertained. Music, a book, a guitar. A gun?

Even when it goes wrong you need a... PLAN

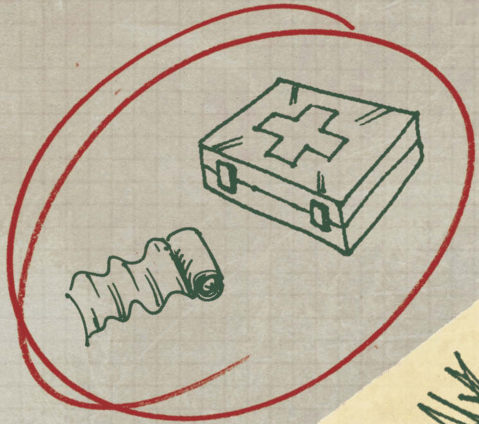
P = Protection... from the weather, from animals or people.

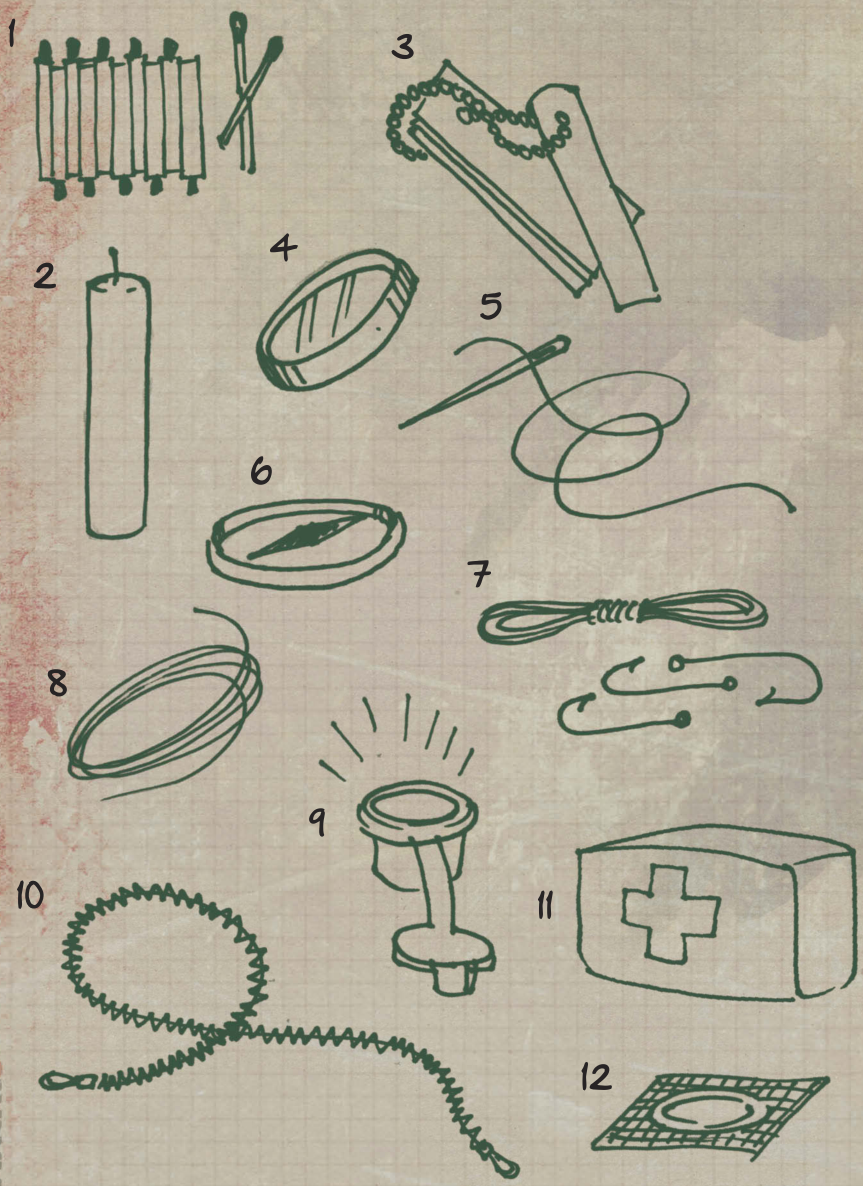
L = Location... Know where you are and where everything else is. Know if it's safe to put out emergency locators to help rescuers find you.

A= Acquisition... Acquire water and food to supplement those emergency supplies you brought along. You did do that, right?

N= Navigation... to keep you on course. I've got some ideas I picked up on how to navigate using the sun later.

You'll probably need to be your own doctor for a while. Unless you can find one to help you. So, pack a First Aid kit and learn how to use it BEFORE you leave. It's no good searching through it looking for gauze and bandages in the dark and rain, with blood pouring out of a wound.





Basic Survival Kit

1. Matches (Preferably waterproof ones for fire making. Use as a back up to improvised methods) and/or lighter

2. Candle (Fire making and light)

3. Flint (Will work even in a wet jungle)

4. Magnifying glass (Firemaking – yes it's THAT important!)

5. Needles & thread (Repairing clothes or yourself)

6. Compass (To get to where you need to be)

7. Fish hooks and line (Food)

8. Snare wire (Food or garotting a sentry)

9. Beta light (No batteries required)

10. Flexible saw (Cutting wood or people)

11. Medical kit

12. Condom (For water carrying. Seriously – if you're thinking about anything else you're NOT in a survival situation)

Surviving on an Island

Island survival has its own specific problems. It's not the hardest environment to survive in but it does present some unique challenges. Normally, loneliness and a sense of isolation are one of the biggest problems faced. If you've ended up somewhere like the Rook Islands though, that won't be a problem. Between the crazy pirates and the ruthless mercs, you're struggling to find a quiet place to rest. Find a safe house or two if you can. Whether or not the place is occupied currently. If it is, work out whether you can share or what you're going to do with the occupants.

My little piece of heaven had a huge range of terrains – grasslands, mountains, lava deserts, rocky and sandy beaches as well as swamps. All very pretty. Until the shooting starts. On the upside, that meant plenty of materials to build with and animals to hunt.

And, if you're a strict vegetarian, well there's always loads of plants to try. I've written down some ideas later to help you decide if they're poisonous or not.

By the way, have you ever tried to eat a coconut? Make sure you break the shell with something other than your own teeth. Use a stake to poke its eyes in to get to the milk. They do have eyes you know. You can sometimes feel them watching you. Oh, and don't drink from the green or really dark brown ones. Unless you want to spend a lot of time squatting behind a bush.

Water

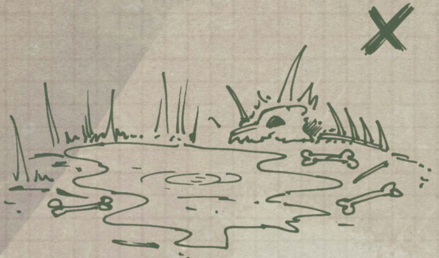
Without water you're going to die pretty quickly. You can live for maybe three weeks without food but only three days without water.

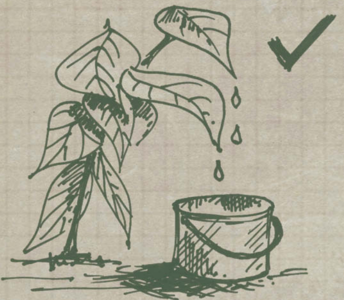
DON'T DRINK SEAWATER!!

Or yellow snow, especially if you made it turn yellow.

You can usually find water at the base of a ravine. Try digging a little where there's green vegetation. That will normally turn something up.

If you find a pool with no vegetation or animal bones around it WATCH OUT. It's likely to be polluted by some kind of chemical. Drinking it may make you ill or high or both.





The safest thing to do is to collect rainwater. Collect it in some kind of container. Metal sheets or bark will do. Or dig a pit, line it with clay and cover it with something to stop the water evaporating. Enough moisture will collect in it for you to drink.

At a push you can get moisture from animal's eyes.
It'll stop them staring accusingly at you for killing them.

PLANTS

You don't need to be a vegetarian to eat plants. Here's a method for testing new plants. Make sure you follow all the steps. Don't skip any or rush it.

If you get mild stomach problems during any stage of this process, drinking loads of hot water will help. If it's severe, you'll need to induce vomiting.

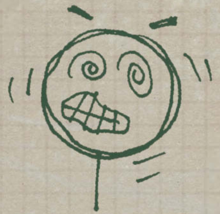
1. Look at it. If you've eaten it before with no ill effects, it should be safe to do so again. Avoid the slimy and worm eaten plants.

2. Crush a little bit. If you can smell almonds or peaches DON'T EAT IT! Unless it is an almond or a peach. That smell on other stuff normally means poison.

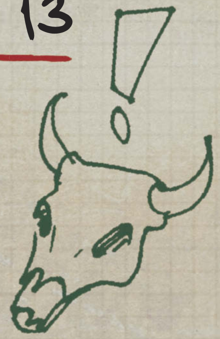
3. Rub a bit on a sensitive patch of skin – your armpit. If your skin goes red, swells up, forms a rash or explodes... well... throw it away. The plant, not your skin.

4. Use your mouth – waiting at least 5 seconds between each stage – put a little on your lip, then the corner of your mouth, then the tip of your tongue, then under the tongue; finally chew a little bit. Make sure there's no bad reaction or irritation.

5. Swallow a bit. Don't drink or eat anything for a minimum of five hours afterwards. Monitor for signs of illness.



6. Eat more. If you start to burp a lot, get stomach cramps, throw up, black out or die you didn't follow the other five steps properly!!



MEAT

Animals taste better than plants and freshly killed ones are less likely to make you ill. Of course a plant never turned around and bit your head off. That's only in the movies.

Your biggest problem is going to be finding them.

The best place to start is at a watering hole. Find a large river or lake and wait there. Early morning and just before dark are usually good times. This is when most mammals are more active.

Also, tracking is easier on wet ground as prints are more numerous. If the ground is dry, check to see if rain has filled the tracks or if they've cracked and dried. This can help tell how recently they were made.

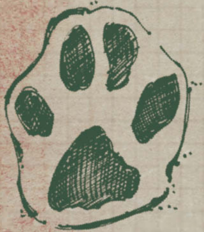
Check the ground for partially eaten fruits and nuts or nibbled shoots and roots. If it's fresh then the animal is likely close by. If you find partially eaten animal carcasses you're not the only one hunting. Try not to become a meal yourself.

Lastly, check the dung. Bigger poo means bigger beasts. Dry means it's an old dropping. Rounded droppings normally indicate herbivores. If there's a slight tail then it's come from a carnivore. They eat meat. Possibly you.

ANIMALS - TRACKING

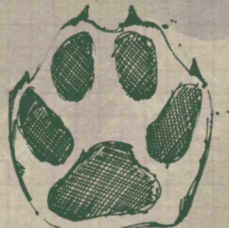
The best way to track anything, man or animal, is to find out where it sleeps, what it eats and where it drinks. Knowledge is key.

Animals generally stick to the same routes to get to and from eating, watering and home locations. These trails are great places to hunt or trap them. Tracks will tell you what they are.



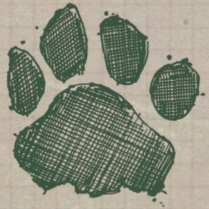
Leopard

Silent. Very Fast. Also climbs trees. Claws can disembowel in one swipe.



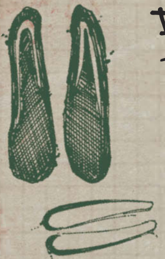
Dog

Man's best friend. Except when they're rabid.



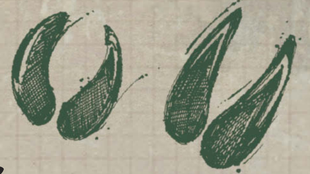
Bear

Very strong and fast. Will climb trees. Trap only. Weapon hunting will get you killed.



Deer

They stay in groups. Excellent hearing and smell.

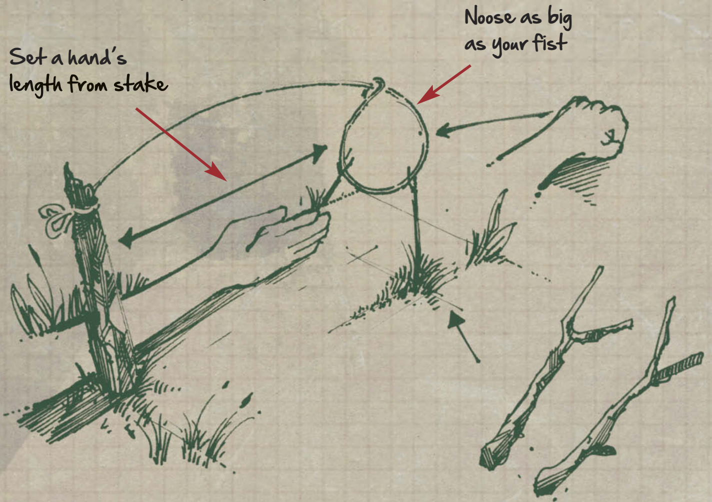


Boar

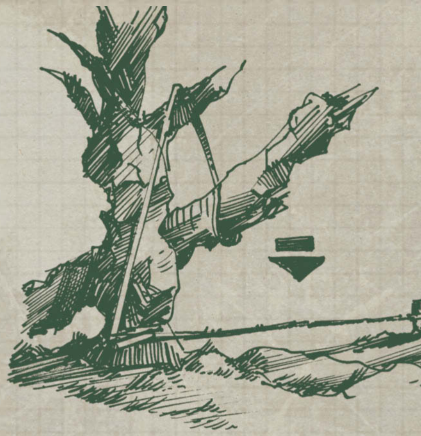
Needs little provocation to attack you. Tusks are just the right height to gore your man bits.

ANIMALS - USING TRAPS

SNARE: The easiest trap to make. Needs a length of wire looped into a noose and free running. Tied at one end to a stake set firmly in the ground. Will catch the neck of small mammals or the legs of larger ones.

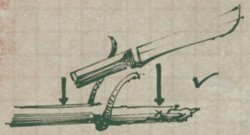

Set a hand's length from stake
Noose as big as your fist

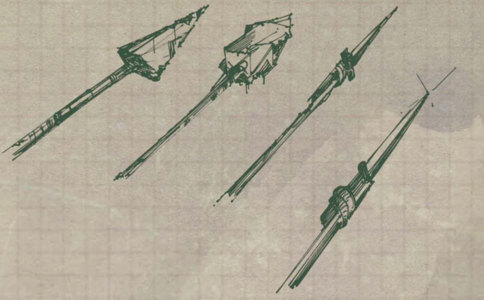
DEADFALL TRAP: This one uses the weight of a dead log suspended over a trail. It's held up by a taut line held in place by a wooden bar. When the animal clips the line on the ground it releases the bar and the log falls. You can also add spears to the log. Works on humans too.



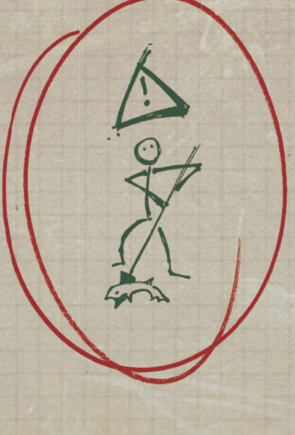
ANIMALS – HUNTING WITH WEAPONS

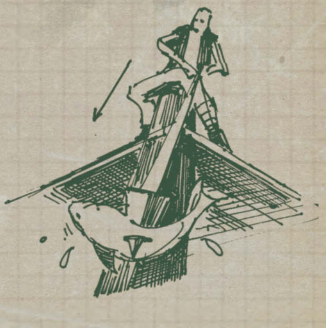
Spears are always fun. About 6ft (1.80m) long and it's a thrusting weapon but too long to throw well. For that you need one around 3ft (90cm) long. Either sharpen the end to a point and harden it in a fire or lash a knife, sharp piece of flint or metal to one end.





Hunting fish with a spear isn't that hard. You need a spear about a metre long. Add some barbs to the sharp end and a strong line to the other to make sure you get it back. Hunt during first and last light if possible. Make sure your shadow doesn't fall onto the surface of the water you're fishing in. It will scare them. And aim your throw slightly below the fish as the water will have refracted its image. Get it out quickly but smoothly and club its head to kill it.





ANIMALS – SKINNING & PREPPING

This method is for rabbits. They're not known for their tendency to kill hunters and they're small enough to handle on your own. But it'll apply to most small mammals.

GUTTING / CLEANING

This is easier if the meat has cooled slightly. Also, try to use your hands rather than a knife where possible. If you cut into the guts you can contaminate the meat. You do need a knife for the first bit though. Make a small incision just below the ribs and pull it wider with your fingers. Pick it up by the chest and legs and swing the opened belly toward the ground. The guts should fall out. Grip and pull out the entrails at the back end and then at the stomach end. Cut the diaphram with your knife and use your hands to pull out the heart and lungs – gripping with two fingers, inside the body cavity, around the neck area.

SKINNING

Lay it down on its back with the head close to you. Pull enough skin away around where you made the gutting cut. Slide your hand between the skin and flesh. Peel the rest of the skin off. It'll stay attached to the legs, head and tail. You'll need to cut it away here. Cut around the neck and grab and twist the head off.

WARNING

A diet of only rabbit meal will kill you. You'll die of starvation. Seriously. Rabbit meat doesn't contain enough fats and vitamins to replace what your body will use to process it. So, eating nothing but rabbit meat leads to starvation. It's tasty though :)

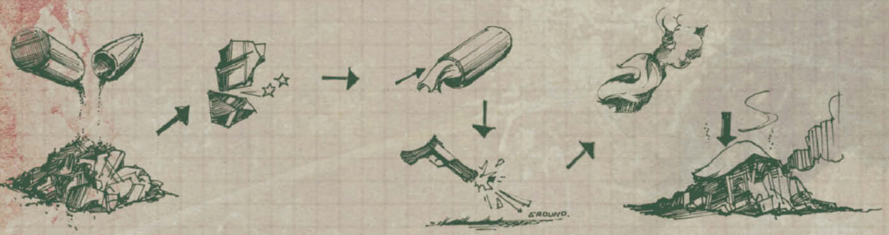
Fire

Fire keeps you warm, wards away curious animals and helps you cook food and purify water. Around 80% of water borne diseases can be killed by just boiling it.

You need plenty of tinder, kindling and fuel as well as something to start the fire with. Clear away the ground around the fire space till you've got bare earth. Don't leave anything that can burn and spread the fire. If the ground is really wet, try building the fire on a bed of stones. Make sure they're dry and also not porous. Wet rocks can blow up when used under fires.

Tinder is anything that burns really easily, like dry grass, moss, or fine wood shavings. Kindling is just smaller bits of wood, dry twigs and so on. Something that will burn for long enough to light the bigger fuel pieces of wood. Dry wood for fuel is best but green wood will work once your fire is strong and steady.

Matches, flint and steel, a magnifying glass or even ammo can be used to start a fire. If your matches are damp rub them in your hair to dry them out. Unless you have greasy hair. In which case, wash it man. No one wants stinky hair.



Pull bullet from case. Pour some gunpowder onto tinder.

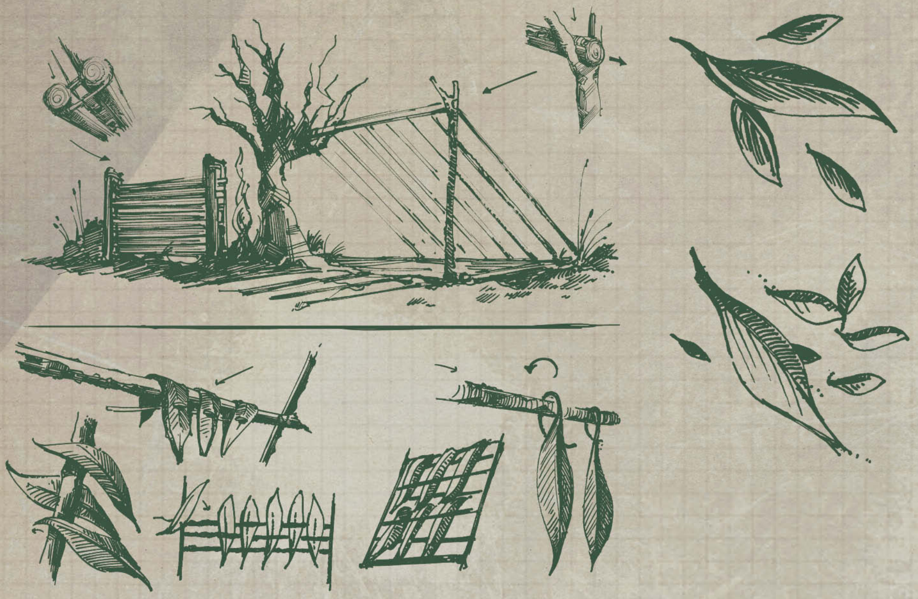
Stuff small piece of cloth into case and chamber the round as normal. Fire into the ground.

The cloth will be ejected smouldering. Blow softly on it whilst holding it over the tinder.

Camping

You need shelter to stay warm or get out of the sun and to stay dry. Don't set up camp on hilltops, go lower out of the wind and where your camp is less likely to be spotted. Don't stay in valley bottoms or gullys, they get damp and frosty and dry river beds are prone to stop being dry when you least expect them to be. You DO want to be near water though, as well as a good supply of wood.

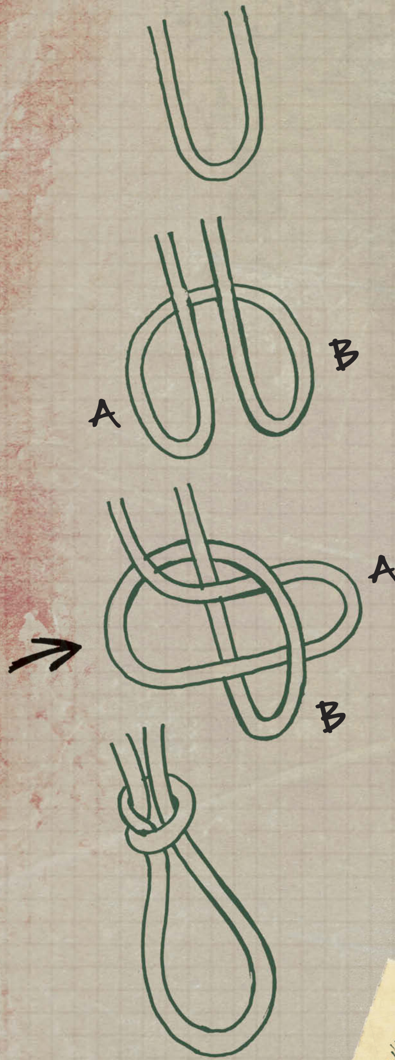
In tropical areas you probably want to raise your bed off the ground on a platform. It stops the bugs crawling into your mouth and ears while you're sleeping. Palm and banana leaves make great thatching for roofs and walls. A simple lean-to will be enough to keep you out of the sun and off the ground.



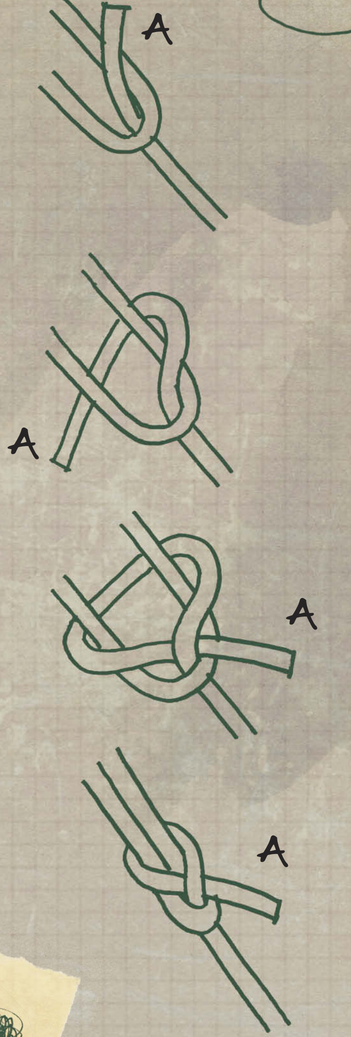
The US military use this acronym: BLISS when teaching camp craft. It makes sense. Blend, Low silhouette, Irregular shape, Small, Secluded location.

Some useful knots

Slip Knot



Strong Knot



Reading signs

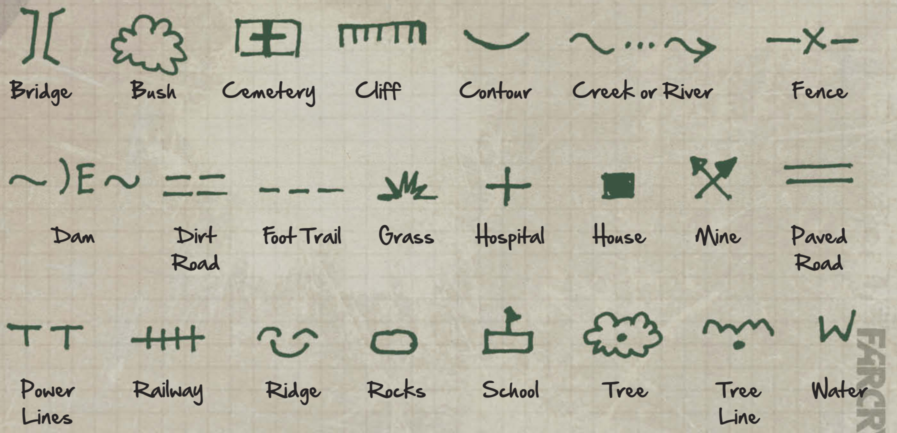
MAPS

It's always better to have one of them. Hold it so that you can read the information clearly and north is at the top. Hold the base of the map to your chest and orientate yourself (with the map fixed to your chest) to the landscape rather than turning the map by itself.

Those thin brown lines set close together; they're contour lines and each one shows a 5m interval in the real world. They will have numbers marked on them indicating height of that contour line above sea level. The closer these lines are together, the steeper the slope will be that they represent. Scale is important. For example, a 1:25,000 map means that every cm on the map shows 25,000cm (250m) in the real world. Or 4cm = 1km.

MAKING YOUR OWN MAP

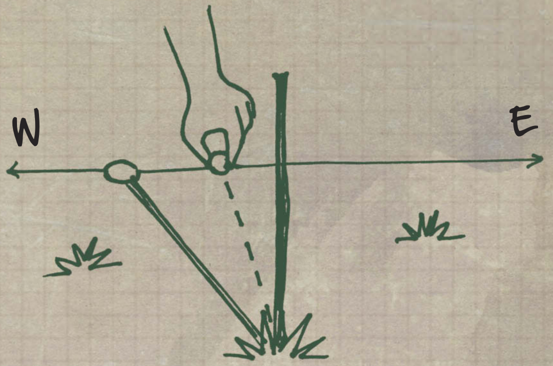
Stick to commonly used symbols. That way you'll remember what they mean when you use the map at a later date. These are common ones:


Bridge
Bush
Cemetery
Cliff
Contour
Creek or River
Fence
Dam
Dirt Road
Foot Trail
Grass
Hospital
House
Mine
Paved Road
Power Lines
Railway
Ridge
Rocks
School
Tree
Tree Line
Water

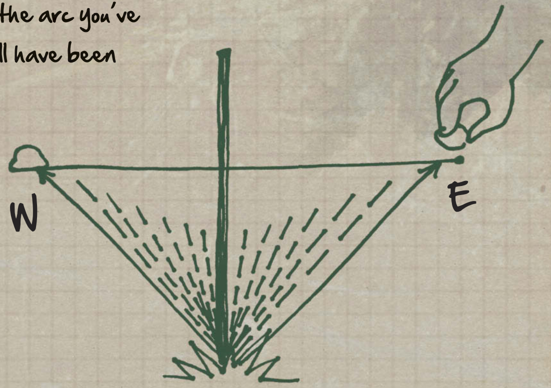
Reading signs

USING THE SUN AS A COMPASS

There are a few ways to do this. The first one is the simplest. Bang a long stick into the ground and look for the end of its shadow. Place a stone on the end of the shadow. Wait half an hour and place another stone on the end of the new shadow. Draw a straight line between the two stones. That line will be west to east (from the 1st stone to the 2nd one) or east to west if you're in the southern hemisphere.



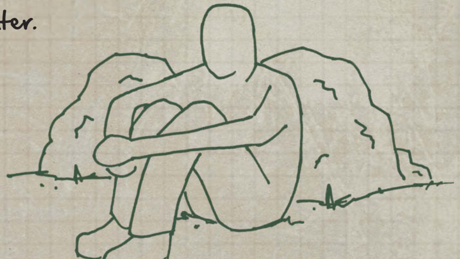
The second one takes a lot longer but is way more accurate. And you'll need to start early in the morning. Set up the stick as before. Mark the end of the shadow with a stone again. Tie a length of thread to the stick and draw an arc in the ground that passes through the spot where the stone is. Now you wait all day till later in the evening before the sun goes down. Look for the point when the new shadow passes through the far side of the arc you've drawn. Up till now the shadow will have been inside the arc – it shortens through the morning then lengthens during the afternoon. Draw a straight line between the two points and you have a line going west to east (in the northern hemisphere).

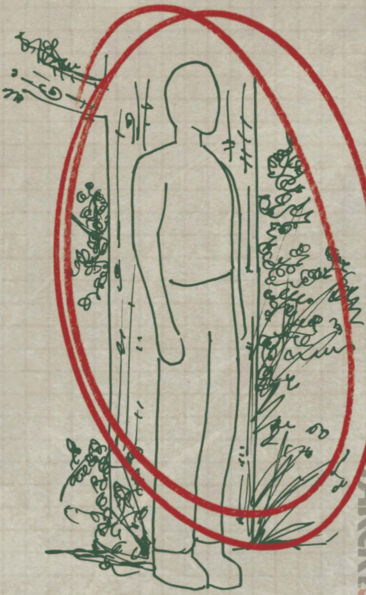


Tracking

The same rules apply to tracking and being tracked. If you know them you'll know what to look for and what to avoid doing.

1. Broken branches, crushed grass, material caught on vegetation are all good signs. Displaced material offers clues, such as mud higher up on vegetation or water splashed on rocks.
2. Startled animals must have been startled by something.
3. Camouflage breaks up the human shape. If you can't wear camo clothing, use materials to disrupt your outline. Don't go crazy and turn yourself into a walking forest.
4. Move slowly. Fast movement attracts attention. Watch where you put your feet. Walk heel through side of your foot to toe – GENTLY – to avoid snapping materials which create noise. Watch where you put your hands. They leave marks.
5. Cover shiny metal to darken it. Strap it down to minimise the risk of it creating noise.
6. Avoid being silhouetted against the skyline, even at night. So cross ridge lines crawling not stood up.
7. Adopt poses that mimic the objects you're hiding amongst. Straight up against a tree. Sitting crouched amongst boulders.
8. Your smell can give you away. There's a tip on how to disguise it later.

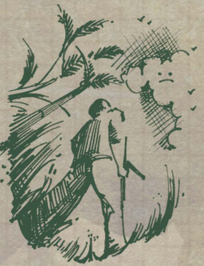


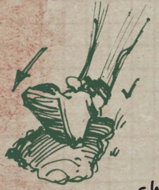


Use natural cover, try to move only during low light, bad weather or reduced enemy activity or when they're under attack by someone else. Avoid silhouetting, stay low and in the shadows. Every few paces Stop, Look, Listen, Smell.

THE SKY IS YOUR ENEMY!!!

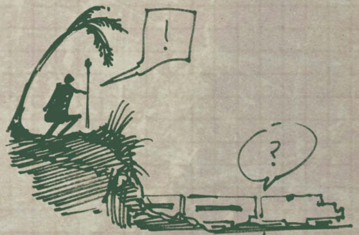
Your outline against the sky is a surefire way to get spotted.

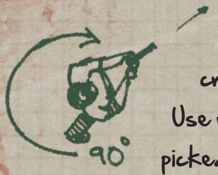




When you need to cross obstacles the method varies according to the obstacle. Deep ditches should be entered feet first. Wire and chain link fences circumvented if possible or go under them if you must. Rail fences should be penetrated by passing through the lower rails. If you have to go over the top one, do so horizontally to present a low silhouette.

Man-made obstacles such as road and rail tracks should be observed first to determine any enemy activity. Try crossing on a bend between bushes and in shadow where possible. And walk across sideways so your footprints don't show your direction of travel.





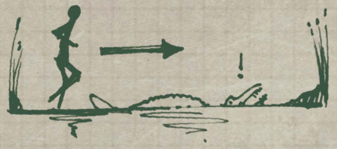
Don't take a direct route to your objective. Try making 90 degree turns every so often. Circle trees a few times to create a confusing scent and track pattern. Walk backwards. Use rivers and waterways to leave no trail. Though it can still be picked up where you exit the river. All of these aren't foolproof but can buy you time to escape.

HOW TO DISGUISE YOUR SMELL

You stink! To a trained tracker, especially dogs, you're going to have a specific smell. It's possible to minimise this by washing with scent free soap and shampoo. Toothpaste is really easy to smell in the wild. Clean your teeth with baking soda instead. Don't use any detergent on your clothes, water alone will do. Finally, roll in the mud. Naturally occurring local smells will cover yours.

CROSSING A CROCODILE INFESTED RIVER

This is never a good idea but sometimes necessary. Pick a narrow crossing point with clear views up and down the river. Wait near the water's edge for at least an hour (not too close as crocs are great ambush predators). Look for bubbles in the water or their eyes breaking the surface. A croc can hold its breath for up to 2 hours but they usually only stay submerged for 15 minutes. If you don't spot anything, swim or run as fast as you can across. Try to swim underwater, they're less likely to mistake your head, bobbing on the surface, for a tasty bird. If one does grab you it's going to try to roll and drag you down. Poke it in the eyes and nostrils. Pray. Or Prey.



CUTTING THROUGH DENSE BUSH

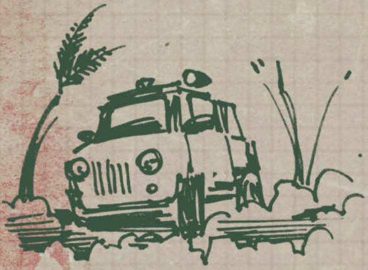
You're going to need a sharp machete unless you're a karate expert and can chop down trees in a single blow. Make sure you're well rested as this is tiring. Cut at an upward angle as it minimises noise. Don't want the bad guys to hear you. When you move, be slow and steady swinging your body to move through the undergrowth quietly. Use the machete to move branches. It'll prevent you being cut by thorns or bitten by the snake you thought was a branch.

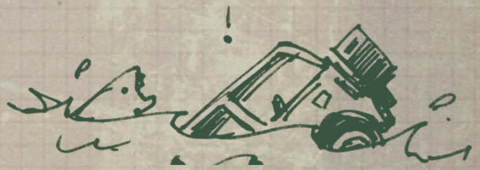
Off ROAD

Assuming you don't have a tank. I mean those bad boys will go anywhere, through anything... or anyone. With bullets pinging off the armor plate while you crush your enemies under the tracks. But you don't have one. Right. Right?

The next best thing is a good jeep. Handling is important both on and off road. Practice a little on a road first to get used to how your vehicle moves.

Now's the fun part – off roading! Water's a problem. Too deep and you'll flood the air intake or just plain sink. So, check water depth before you cross rivers. Cross at 45 degrees pointing upstream.





Same for tough slopes. The top edge and bottom dip can ground the car. Cross them at an angle. On really steep ascents or descents go at it straight on and in the lowest gear. Otherwise you might roll it over. Avoid braking or you'll skid.

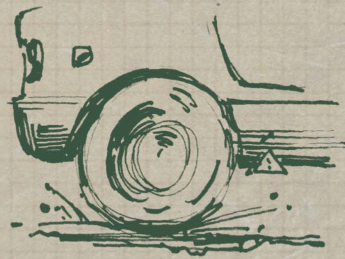
Soft sand and muddy conditions can be beaten if you deflate the tires a little. It'll give the car better traction.

On heavily rutted tracks keep one wheel on the central hump to protect the bottom of the car.

GETTING STUCK AND UN-STUCK

The best way to get unstuck is to not get stuck in the first place. So, when you're crossing boggy ground or water get out and walk the route. Find out which bits are particularly deep or have hidden hazards under the surface. Once you've recce'd the area you can plan the best way to get across it.

First gear is, surprisingly, not the best one to use. You can wheel spin too much. Second and third gear work better. Always check the steering wheel in relation to the direction of movement. If you should be turning but you're still going straight, you're becoming stuck in the mud. Keep to a specific speed, avoid sudden acceleration or deceleration.



If you do go into a slide, ease off the power and ride it out. DON'T BRAKE. And don't use the handbrake. Unless you really want to do some doughnuts. If it's a wheel spin, wiggle the wheel to help regain traction. And if you become stuck, get out quickly and take a look. If you haven't sunk up to the axles there's still time to do something. Dig yourself out or reverse.

There's always the last resort of stealing another jeep. You're probably going to have to shoot the current driver though.

DROWNING IS BAD FOR YOUR HEALTH

Man, surviving in open water is way harder than anything on land. Keep whatever supplies you have for as long as possible as it's tough to get more of them when you're struggling just to stay afloat. At least the water is warm, right?

Hell, even the fall into the water can kill you. So, if you're dropping from height, say if your parachute has failed or you're dropping from a busted hang glider, spread yourself out in a classic skydiving position. It'll slow the fall a little. Just before you hit, straighten up aiming to go in feet first like an arrow. Point your toes and take a deep breath. You're probably going to have sunk pretty far down. Follow the bubbles back up to the surface before you drown.

TREADING WATER

Keep your head above water. No seriously. Look, you need to stay calm and relaxed so you use as little energy as possible. You might be there for a while. Keep your arms out and palms down on the water's surface. Do a breaststroke motion with them. Wriggle your hips. It'll give the sharks something to laugh about while they're stalking you. As for your legs, pretend you're jogging. All the while you'll be wishing that you'd spent more time in the pool getting your stamina levels up. That should do it. Good luck.

FREEDIVING

If you spend a lot of time in the water you might want to learn how to hold your breath for a long time without passing out or dying. Some of the best free divers in the world can hold theirs for up to 10 minutes. Maybe they're part dolphin?

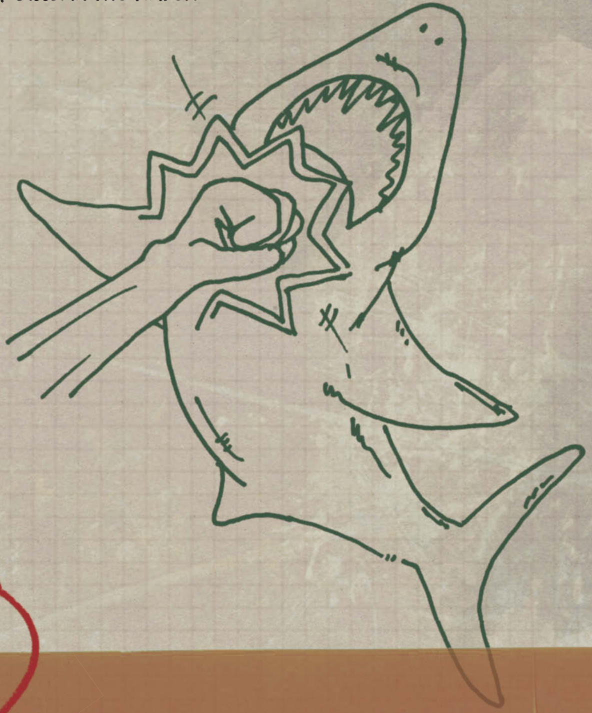
When you practise do it with a buddy who knows first aid, as there's a good chance you'll black out and you might swallow your own tongue. A girl's tongue down your throat is fun. Your own, less so. RELAX. See, that was easy. You're not done yet though. After you've relaxed for a couple of minutes, start taking really deep breaths in and out. Slowly, spending about 5 seconds breathing in and the same out. Press on your belly when you breath out. You need to get ALL the old air out to get lots of new air in. Now, take a good deep breath and hold it. Don't fill up so much so that you look like a huge hamster. Only about 80–85% of max should do it. Any more and you'll be so tense that you'll waste energy fighting it.

RELAX, again! You need to keep your heart rate down. I know it's hard to do this when the bullets are flying. That's why you're practising now. Think nice thoughts. Don't worry about how long you're doing it for. The less you focus on time, the quicker it'll pass.

About now, your lungs are starting to burn. It's easy to stop relaxing now. Don't. Instead make small movements with your hands. Focusing on what you're doing. When you can't hold it any longer, breathe! Exhale about 20% and breathe in quickly to re-oxygenate the critical parts. Then exhale fully and take good deep breaths again for around 3 minutes. You're going to feel dizzy, so don't move around till you fully recover.

SHARK ATTACK!

When you see a fin, stay calm. You're more likely to attract a shark's attention if you panic. Hopefully it'll just swim off but it could decide to have a bite to see how you taste. Wait for it to close in then PUNCH it in the nose or the gills. If it tries to bite, aim for the eyes. As tempting as it is to just shoot it, remember that other sharks may be around. And they can sense even the smallest amount of blood in the water.



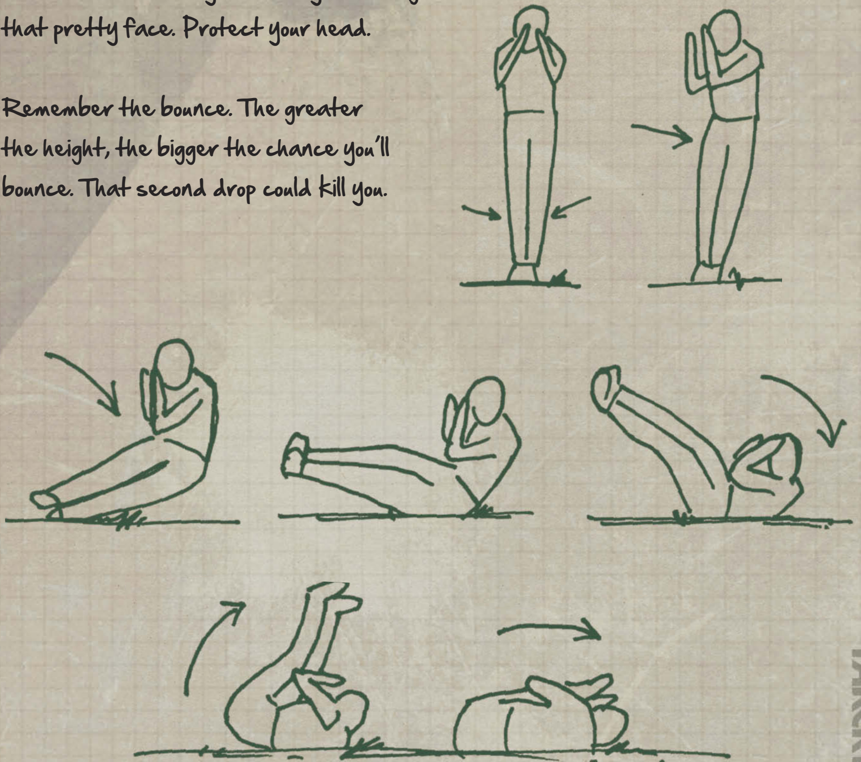
FALLING

No matter how you got into the sky, one thing's for sure, at some point you're going to have to come back down to earth. It's best to do so without creating a big red stain.

Although some people have fallen out of planes and survived it's usually better to pack a parachute.

Assuming the height isn't so great, the safest way to land is on the balls of your feet with your knees bent. Immediately roll to the side or, if you have to, backwards. Don't roll forwards, you're likely to damage that pretty face. Protect your head.

Remember the bounce. The greater the height, the bigger the chance you'll bounce. That second drop could kill you.

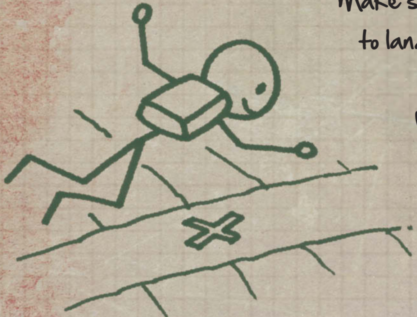


In the sky

Parachuting

Before you fly, use the toilet. It's amazing what the anticipation of a 30,000 foot drop can do to your bladder.

Listen to the jump master. He's a master for a reason.



Make sure you know where you're supposed to land before you jump.

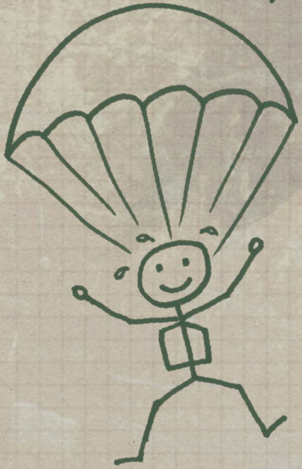
When you exit the plane keep your feet and knees together. Count six seconds: to wait for your chute to engage from the static line.

123456

If you're free falling then you don't need these tips. Or maybe you really really need them. Either way it'll be too late to read them.

Look up to check that the canopy is fully open.

Pay attention to the wind.
Sudden gusts can throw you off course.



In the sky

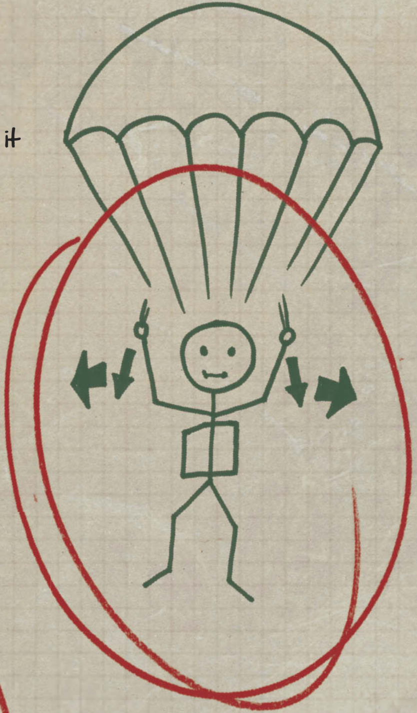
Parachuting

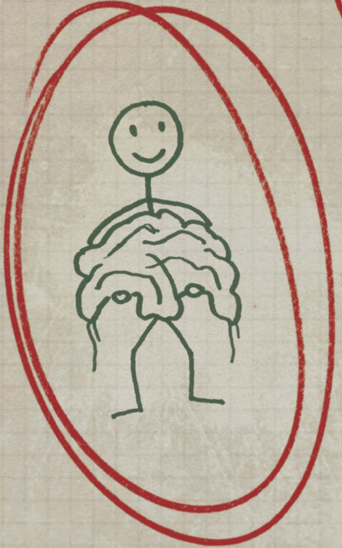
Pulling down on the left or right rigging will move you in that direction.

The closer you get to the ground the faster it will appear to rush toward you. Be prepared.

Land with your feet and knees together, slightly flexed, rolling to one side.

Gather up the chute as quickly as possible unless you don't mind being dragged across sharp stones and thorn filled bushes.



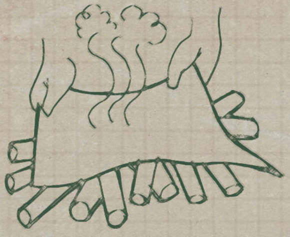


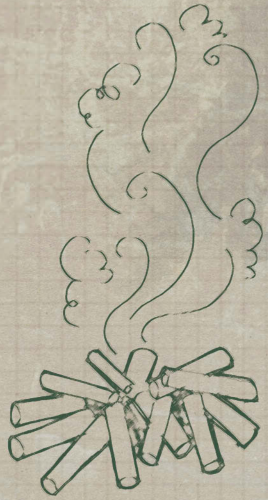
You're on the ground, the rescue plane is in the air.
How do you let them know what you need?

FIRE The international code for distress is three fires set in a triangle, roughly equal distance apart. If you can't set three fires, your campfire will have to do. Or you could use old leaves and twigs in the branches of a small tree to set it alight. You don't want to start a forest fire though. It's bad enough that you're stranded without having to run away from the raging inferno you've just created.

SMOKE The Surgeon General says smoking is bad for your health. But, when you're signalling a rescue plane, a smoking fire is great for catching the pilot's attention. Make sure to prepare the fire well in advance and keep it covered and dry so you can light it as soon as you need to. Keep plenty of leaves, moss and green sticks close by as they'll help create the smoke. White smoke is good in jungles and forests but you'll need to create dark smoke if you're in a desert or the snow as it stands out better (add oil or rubber to the fire to create it).

You can create puffs of smoke using a wet cloth or blanket. Briefly cover the fire and remove the blanket before it catches fire.





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D	–••	E	•	F	••–•
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P	•––•	Q	––•–	R	•–•
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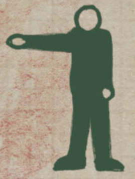
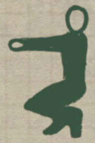
SOS ••• ––– •••
HELP •••• • •–•• •––•
LOST •–•• ––– ••• –
INSANE •• –• ••• •– –• •
SHOOT HIM ••• •••• ––– ––– – •••• •• ––

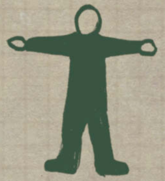
USING YOUR BODY TO SIGNAL



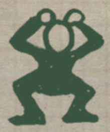
Can proceed shortly



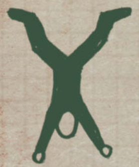
Land here



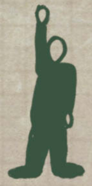
Need medical help



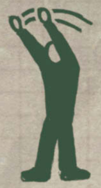
Please don't shoot me



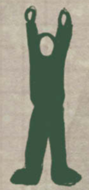
I feel fine



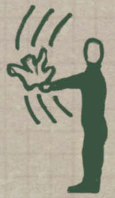
All is well



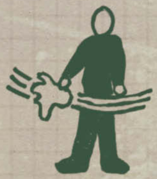
Don't land here



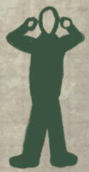
Pick us up



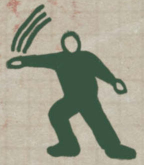
Yes



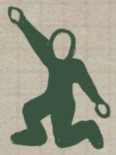
No



Have radio

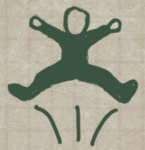


Use drop message



Pirates! Over there!

Need medical assistance



Mushrooms are great

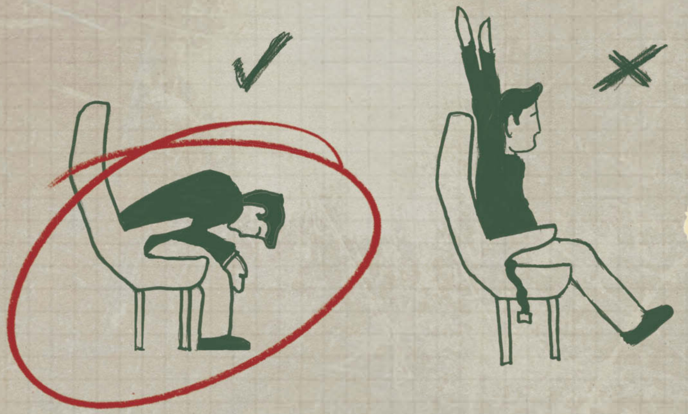
SURVIVING A PLANE CRASH

You know the boring bit at the beginning, when the air crew point out the exits and the emergency lighting? The bit where you're zoned out reading the magazine or listening to your tunes? Listen up. It might save your life dude. If you don't know the fastest way to get off you're gonna be screwed when brown stuff hits the fan.

Doesn't matter where you're sitting, make sure you count the rows between you and the two nearest exits. That way, you can feel your way out if the cabin is dark or full of smoke. Oh and wear your seatbelt. Otherwise, if the plane drops suddenly you'll be wearing the ceiling on your face.

Just before impact, bend over placing your hands on the back of the seat in front. Rest your head on your hands. If there's no seat, bend over, keep your head down and grab the backs of your knees. Then kiss your ass goodbye. Sorry, couldn't resist that one.

Long pants, shirt and proper shoes will help protect you from sharp glass and metal. So, those Hawaiian shorts and flip-flops might look cool but less so covered in your own blood.



SURVIVING A SINKING SHIP

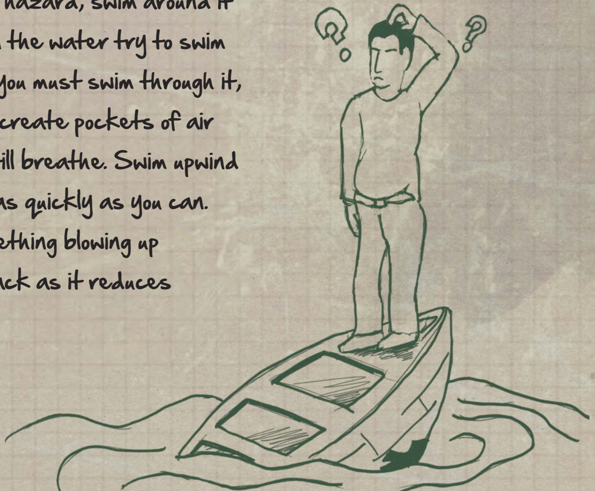
Jump! Try not to land on anything sharp, burning or anyone else that jumped ahead of you. Unless you really, really don't like them.

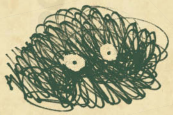
Hopefully you went overboard with a life vest and raft. No? Ok, try tying the ends of your pants in knots and swinging them over your head to trap air in them. This can create a temporary floatation aid.

Get away from the sinking vessel as soon as you can.
When it goes under the tow it creates could drag you down with it.

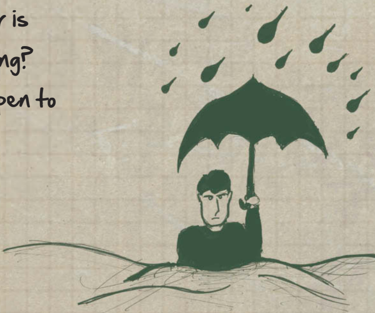
Once it's fully submerged, swim back to try to find any debris you can use to help you float.

Engine oil in the water is a hazard, swim around it if you can. If there's fire in the water try to swim under water until clear. If you must swim through it, slap the water surface to create pockets of air in the flames so you can still breathe. Swim upwind to get away from the fire as quickly as you can. If there's a chance of something blowing up underwater, get on your back as it reduces the effect of the impact.





SURVIVING A FLOOD



If you can, move away in the direction the water is flowing and get to high ground. What about driving? Well, I heard that over half of flood deaths happen to people stuck in cars. Your choice dude.

Did you know you can drown in just a couple of inches of water? In a flood, even shallow water can be moving so fast you'll be swept off your feet. Get a stick and use it to probe for stuff below the surface. You don't want to trip and fall and you really don't want to get your foot stuck in something.

When a flood hits, it could be so fast that you can't outrun it. You're in the water. What to do now?

Grab onto something that floats and ride it out. Just like wet n wild but with the added chance of death. Get on the upstream side of the float to avoid being crushed between it and anything it hits.

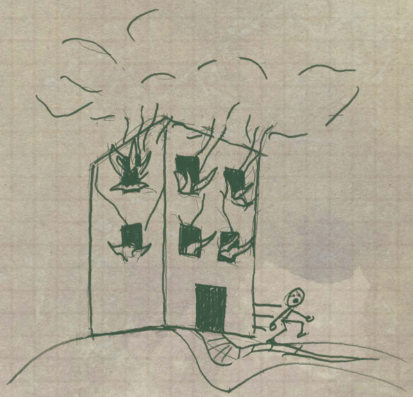
If you're on your own, try to get on your back with your feet pointing downstream. Use your arms to guide you to one side or another, like rudders on a boat.

Otherwise, swim like your life depends on it, which it does. Go with the current, angling towards a bank. You'll be swept far downstream though no matter what.

Disasters

ESCAPING A BURNING BUILDING

Smoke is usually the first sign of fire. Locate the source and, if it's small, fight with appropriate equipment. Don't use water on electrical fires!! You may put the fire out but the electrical shock or explosion will kill you.



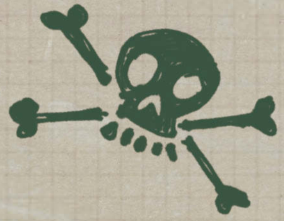
If it's too big, escape. Close doors behind you to try to slow its progress and contain it. Fire moves upwards faster than it does downwards so take care in stairwells.

Don't open a door without first checking for smoke around or under it. Metal door handles are useful indicators. If it's hot then there's fire behind the door. Use the back of your hand to test, don't grab the knob. This applies to testing for heat generally. Run the back of your hand along a wall to feel for heat.

SMOKE KILLS

Get low and stay there. Keep under the level of the smoke. If you can't breathe you can't escape.

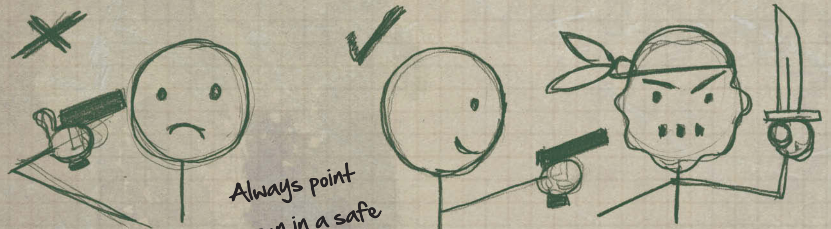
If your exit is above ground level, try to drop down rather than jumping. Use materials to lower you closer to the ground. Check out my advice on landing from height.



Handling Hostiles

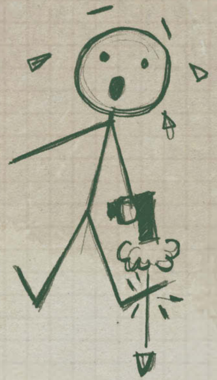
GUNS

The best way to deal with hostile people is to talk to them. No, just kidding, a bullet to the head stops pretty much any argument.

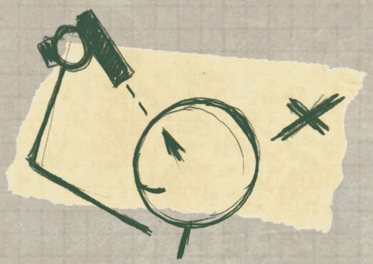


Always point a gun in a safe direction.

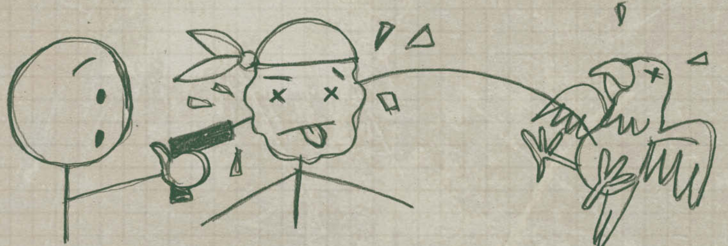
Always keep your finger OFF the trigger till you're ready to shoot. There's nothing worse than a premature shot.



Always keep a gun unloaded till you're ready to shoot someone.



Know what's beyond your target.

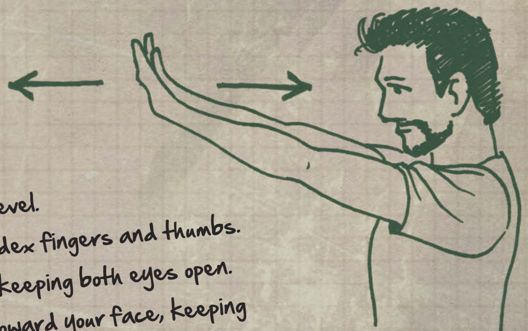


BEING MORE ACCURATE

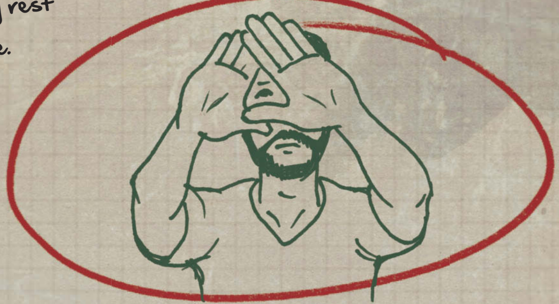
It'll save you ammo and make your kills quicker and cleaner.

One way to improve your accuracy is to determine which is your dominant eye. Just because you're right handed doesn't automatically mean it'll be your right eye.

Here's how to test for eye dominance.



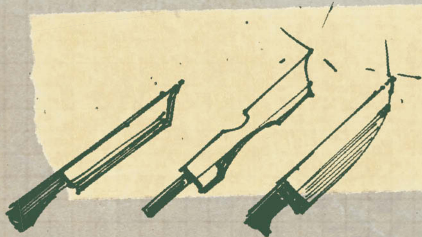
1. Hold both hands out at eye level.
2. Form a triangle with your index fingers and thumbs.
3. Focus on a distant object, keeping both eyes open.
4. Slowly bring your hands toward your face, keeping focus on the object.
5. The triangle will naturally rest in front of your dominant eye.



Now you know which one to close when you're aiming down the barrel. Or you could just close both of them and hope for the best.

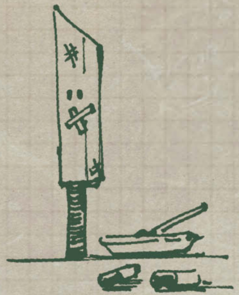
KNIVES

Sometimes a gun just won't do. Ammo isn't infinite, this is real life not some video game. Perhaps you need to make a silent kill. This is when a knife comes into its own.



CHOOSING A KNIFE

Knife selection is important. Some are designed to stab, others to cut, still others will do both. Whilst machetes make great utility tools, you might want to choose a combat knife for fighting.

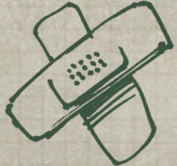


CARING FOR A KNIFE

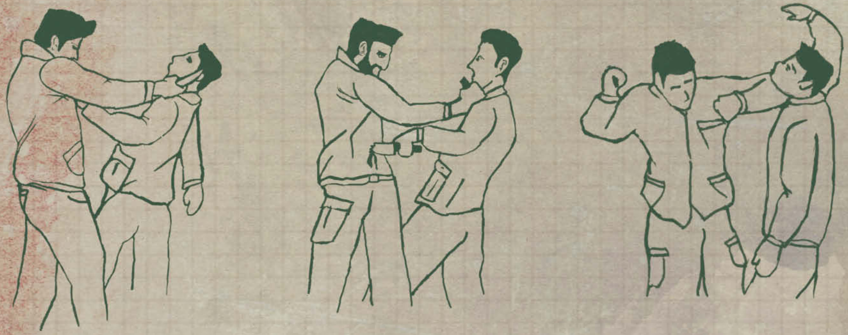
Keeping your blade sharp and free from rust is a priority. Clean it as soon as possible after use. Blood is particularly sticky.

You can use pretty much any type of sandstone to sharpen a blade, though grey types are better. Especially with a high clay content.

Hold the handle in your right hand, use your left fingers to apply pressure to the blade – release the pressure when the knife is moving toward you. The heavier the pressure the rougher the edge will be. Make clockwise motions with the knife angled onto the sharpening stone. Keep the stone wet. When you turn the knife over, move it in counter clockwise motions.



FIGHTING WITH KNIVES*



Knife fights don't look like those step-by-step martial arts pictures. The other guy is not going to try to stab you once then stand there and wait for you to perform your fancy defence move. You know, the one that's so awesome he'll be stunned into compliance while you cut him into tiny little bits.

Knife fights are bloody affairs. You'll get cut, he'll get cut. There'll be blood.

Remember to parry his knife arm with your free hand.
Don't try and catch the knife. Not unless you want to lose your fingers.

Keep stabbing and slashing till he's no longer standing in front of you.
Congratulations, you've won!

Check yourself for damage. If your blood is spurting out like a fountain, you've both lost.

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* Sometimes you have no choice

DEALING WITH AGGRESSIVE ANIMALS – BEARS

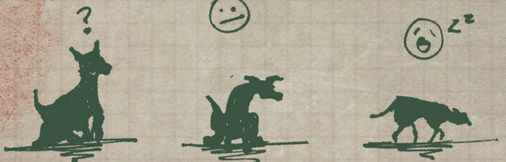
Normally bears will leave you well alone. Sometimes though they just got up on the wrong side of bed. When you're in an area where bears are present ensure you shout frequently. This will usually keep most bears away. Though it might attract a curious merc or pirate.

If you do meet a deaf bear that hasn't run away from your impressive manly voice, stand up tall and hold your arms over your head. Don't worry you're not surrendering, just trying to appear bigger than he is. See, size DOES matter. Back slowly away, don't run. Unless you like being chased by 200kg of angry bear.

You may still get attacked. Now you have a choice. If the bear is properly aggressive you're going to have to fight back making as much noise as possible. If it's just scared and attacks because it feels threatened, try playing dead, or giving it a reassuring cuddle.

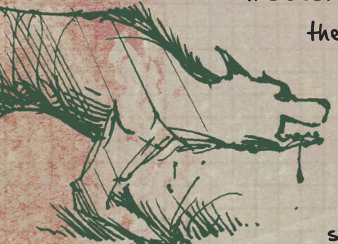
DEALING WITH AGGRESSIVE ANIMALS – DOGS

Dogs, like most animals, don't really want to attack humans. They'll do their best to get out of your way unless you corner them or threaten their young. Panicked or rabid dogs will attack anyone and anything in their efforts to escape.

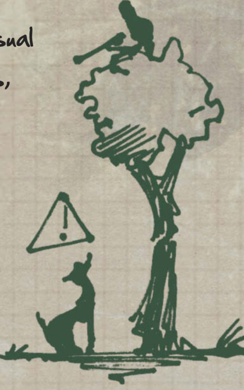


Show no fear! Try not to dance around. Take deep breaths and stay calm. Don't stare nervous dogs in the eyes or smile. Both are seen as signs of aggression. You can't outrun a dog, they're faster than us over both short and long distances – large dogs can sprint up to 40 mph (64 km/h). They smell and hear better, though see about the same, so it's really hard to outrun one.

It's best to stand still, stay calm and wait for the dog to get bored and wander off.

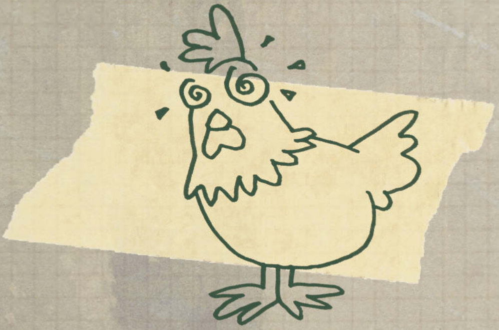


If it turns into a fight the usual rules apply – eyes, testicles, nose and ears are all sensitive targets. Both yours and the dogs.



Try putting an obstacle between you and the dog. A door, large stick, or human shield will all do. Or you could climb a tree.

HOW TO HYPNOTISE A CHICKEN



Yes you can. Why? Why not?
First, catch your chicken. Remember, do it with some dignity. No one wants to see you chasing your chicken around the yard. Or anywhere else for that matter.

Gently pick the bird up. Whilst holding it in the crook of one arm, slowly tuck its head under one wing. Then rock it softly like a baby for a few seconds. Slowly place it back on the ground; very, very softly. It'll stay there, frozen in place, in a trance-like state for around 30 seconds.

Well done, you've hypnotized a chicken.

Now, you just need to learn how to hypnotise a person into thinking that they're a chicken. THAT would be something to see.